



# A piece of cake for Portage Place

#### Happy anniversary.

Downtown shopping centre marks milestone birthday



While Winnipeg's downtown continues to grow around it, Portage Place Shopping Centre will humbly celebrate its 25th anniversary Monday.

The mall, which officially opened its doors Sept. 17, 1987, was built as a partnership between the city, province and the federal governments with hopes of breathing new life into what was then a dismal area of north Portage Avenue between Colony and Carlton Streets.

"There was a feeling that the north side of Portage Avenue was quite run down," said Paul Webster, CFO of the Forks North Portage Partnership, who has been involved with the development from the start and remembers watching as the old businesses that lined the street were demolished to make way for the new mall. "It was quite amazing to see three city blocks of empty land.'

From the very start, Portage Place Shopping Centre and the apartments behind it were designed to bring people back to downtown Winnipeg, and with the development he's seen around the mall since, Webster said the plan seems to have worked well.

"Portage Place is still active, it's a popular place... I think it's a really positive story," he said. "If north Portage hadn't been built, then the area would

Monday at 2:30 p.m. with a piece of cake under the clock in Edmonton Court.

have kept going downhill."

Dave Stone, Portage Place's manager, admits the shopping centre has seen its ups and downs over the years, but he said now is a good time to celebrate because the mall's vacancy rate is heading south and new attractions like the return of the Jets mean more and more people are stopping by every day.

"As downtown goes Portage Place goes, because they're kind of one and the same to me," he said. "Us, along with our partners in the downtown, seem to be pretty positive at this point in

Follow Shane Gibson on

time!



"Portage Place is still active, it's a popular place." Paul Webster, CFO of the Forks North Portage Partnership



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er Dave Stone stands next to the mall that will celebrate its

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MVP Evgeni Malkin among hockey stars hoping to keep skills fresh overseas PAGE 18

#### **Tewish holiday** Winnipeg's Jewish Canadian on death row could

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#### Courtyard by Marriott

#### New hotel coming to YWG



A new hotel is slated to be built right next to Winnipeg's new airport terminal.

Manitoba's first Courtyard by Marriott will start construction in 2013 and will likely open in the spring of 2014. METRO

#### William Whyte

#### Vacant home burns on Boyd

A vacant home in the William Whyte neighbourhood went up in flames overnight.

Winnipeg police said one of their general patrol cars stumbled onto the scene of an unreported house fire in the 600 block of Boyd Avenue just before 4 a.m. Sunday morning.

There was no one inside the home at the time. Damage is estimated at \$100,000. METRO

#### Provincial politics

### Former politico, scholar to set subsidies

The Manitoba government has appointed a former politician and scholar to determine how political parties should be subsidized by the public.

William Neville has been named the province's first independent allowance commissioner.

He is tasked with finding a replacement for a subsidy set up in 2007 that was dubbed the "vote tax" by critics. THE CANADIAN PRESS



#### Name this cutie pie panda — last chance!

A female panda cub born to the Assiniboine Park Zoo's Rufus and Rouge on June 30 needs a name. Winnipeggers can go to the zoo's Facebook page at facebook.com/assiniboineparkzoo until 9 p.m. Monday to vote for one of four names picked out for the furry bundle of joy. HANDOUT

# Anti-Semitic posters plastered downtown

#### Hate propaganda.

Mayor Sam Katz and other members of the Jewish community targeted on the eve of Rosh Hashanah

Winnipeg police are investigating after "disgusting" anti-Semitic posters were put up around downtown Winnipeg Friday evening,

targeting Mayor Sam Katz and other members of the local community.

"I was shocked and disgusted to learn of the anti-Semitic posters that were put up throughout downtown Winnipeg late last night," said Vic Toews, MP for the riding of Provencher, in a statement on his website Saturday.

"It is extremely disheartening to see this type of conduct take place in Canada, especially on the eve of Rosh Hashanah and the Jewish New Year."

The posters, with the title "\$hitler's List" name several members of the Jewish community, including Winnipeg's mayor, members of the Asper and Shindleman families, and other prominent business people.

The poster refers to the recent fire hall land swap controversy and calls the group a "cabal of cockroaches," promising jail time for all.

Mayor Katz could not be immediately reached for comment.

Winnipeg police said Saturday no one has claimed responsibility for the posters, and the posters are not signed. The Major Crimes Unit is investigating.

Police said the posters were taken down Saturday although it was possible some remained. People are asked to call 204-986-6219 if they have any information.

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metronews.ca Monday, September 17, 2012

# Politicians, voters bracing for bitter session of Parliament

'Combat zone.' Strong Conservative support demonstrated in new poll could be shaken up in the fall

A quiet summer has given Prime Minister Stephen Harper's Conservatives some breathing room as they head Monday into what could be an acrimonious fall sitting of Parliament.

A new poll gives the governing party a seven-point lead over the Opposition New Democrats — a cushion they may need if a second omnibus budget implementation bill sparks the same public backlash and all-out parliamentary warfare its predecessor did last spring.

sor did last spring.

The Canadian Press HarrisDecima survey put Conservative support at 34 per cent
of respondents, the NDP at
27, the Liberals at 24 and the
Greens at seven.

The results suggest Canadians may be slowly returning to "more traditional patterns of voting behaviour," said Harris-Decima chairman Allan Gregg.

Until now, New Democrats had been running neck and neck with — or even slightly ahead of — the ruling party, eating into core Conservative support among older, male and rural voters and core Liberal support among female and urban voters.

A relatively sleepy summer with little federal political controversy has likely helped settle voters back into a somewhat more traditional pattern. But Monday's resumption of Parliament could shake things up again.
"As we know, the House

"As we know, the House has become a combat zone and, absent that, things do settle down; there aren't those events that drive people's change in viewpoint as much," Gregg said.

Just how much of an enemy Parliament proves to be to Harper's Conservatives will revolve primarily around the second budget implementation bill, which government House leader Peter Van Loan describes as the "cornerstone legislation" of a fall sitting focused on job creation and economic growth.

THE CANDIAN PRESS

#### Omnibus

The first omnibus budget bill was a massive grab-bag of measures, many that had little to do with the 2012 budget, including:

- A rewrite of environmental protection legislation.
- An overhaul of employment insurance.
- Changes to employment equity law.
- New rules for political advocacy by charities.





# Lethal injection battle could save Canadian inmate's life

A complex legislative process and lack of political will could derail any plans to change the way Montana carries out its executions, but may be a ray of hope for a Canadian on death row.

This month's ruling by a judge who declared the state's method of execution "unconstitutional" could do something 30 years of legal wrangling and appeals have failed to do for Canadian Ronald Smith — prevent his execution for the 1982 murders of two young Montana men.

But it's not a simple matter. The American Civil Liberties Union filed a civil lawsuit in 2008 on behalf of Smith that argued the lethal injections the state uses are cruel and unusual punishment and violate the right to human dignity.

District Court Judge Jeffrey Sherlock, in his Sept. 6 ruling, pointed to problems such as lack of training for individuals who administer the drug, and a discrepancy over whether two or three drugs should be used. He also questioned the

#### **Lethal injection**

"This isn't Texas."

Ron Waterman, lawyer for the civil liberties union

method used to determine whether an inmate is actually unconscious before receiving the lethal injection.

"The Montana protocol has problems," Sherlock said in his 26-page judgment.

"All three of these concerns create a substantial risk of serious harm violative of the plaintiff's right to be protected from cruel and unusual punishment."

Ron Waterman, lawyer for the civil liberties union, suggests getting those changes passed by the state legislature could be a formidable task

could be a formidable task.

"Even if they went forward and wanted to change the statute, there's no guarantee, with how the legislature has been divided, that the statute can be changed," said Waterman. "That's a steeper hill to climb."

THE CANADIAN PRESS



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metronews.ca Monday, September 17, 2012

# Pakistani protesters march on U.S. Consulate over film

Anti-Islam. Leader of Hezbollah calls for protests against movie that denigrates Prophet Muhammad

Hundreds of Pakistanis protesting an anti-Islam film broke through a barricade near the U.S. Consulate in the southern city of Karachi on Sunday, sparking clashes with police in which one demonstrator was killed and more than a dozen injured.

In a move that could escalate tensions around the Arab world, the leader of the Hezbollah militant group called for protests against the movie, saying protesters should not only "express our anger" at U.S. embassies but urge leaders to act.

The film, which denigrates Islam's Prophet Muhammad, has sparked violent protests in many Muslim countries in recent days, including one in Libya in which the U.S. am-

#### YouTube

- Google is refusing a White House request to take down an anti-Muslim clip on YouTube, but is restricting access to it in certain countries.
- The White House said Friday that it had asked YouTube to review whether the video violated its terms of use. Google owns YouTube, the online video-sharing site.

bassador was killed. The U.S. has responded by deploying additional military forces to increase security in certain hot spots.

In a televised speech, Hezbollah leader Sheik Hassan Nasrallah said the U.S. must be held accountable for the film, which was produced in the United States. The U.S. government has condemned the movie. THE ASSOCIATED PRESS



Security concerns

#### Canadian embassies close for day

Canada closed three of its Middle East embassies for the day Sunday because of continued security concerns.

A spokesman for Foreign Affairs Minister John Baird says the missions in Egypt, Libya and Sudan will not be open to ensure the safety of diplomatic staff.

The U.S. State Department ordered the departure of all family members and non-essential personnel on Saturday from posts in Sudan and Tunisia.

It blames the security situation in the capitals of Tunis and Khartoum.

THE CANADIAN PRESS



# Flying Magnotta back to Canada a \$375K job

#### **Body-parts case.**

Private jet that flew alleged killer from Germany to Canada comes at hefty price tag for taxpayers

The cost to Canadian taxpayers for Luka Rocco Magnotta's extradition from Germany, aboard a government plane fit for the prime minister, is expected to be about \$375,000.

The estimated price tag for the accused killer's unusual journey home includes flight expenses, catering service and a hotel stay for authorities who fetched the fugitive from across the Atlantic, according to federal documents obtained by The Canadian Press.

Berlin police arrested Magnotta in June to end an



international manhunt following the killing of Chinese national Jun Lin.

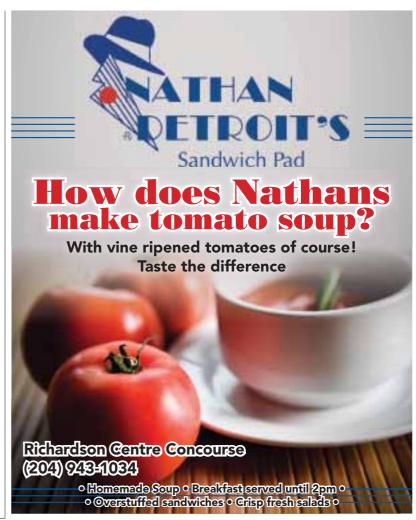
Magnotta is facing several charges in connection with the gruesome slaying, including first-degree murder. The 30-year-old porn actor and stripper has pleaded not guilty to all counts.

Magnotta flew home aboard one of the military's CC-150 Polaris Airbus transport planes, an aircraft that can be configured to accommodate prominent passengers such as the prime minister, foreign dignitaries, the Governor General and members of the Royal Family.

At the time, a police official told media that commercial airlines had declined requests to transport Magnotta across the Atlantic.

Montreal police were thankful the federal government made the plane available for the extradition.

"How can we bring him back to Montreal on a commercial flight with other people sitting on board?" Cmdr. Ian Lafreniere said, shortly after Magnotta emerged from the plane. THE CANADIAN PRESS





metronews.ca Monday, September 17, 2012 metr⊕ **BUSINESS** 

#### Labour negotiations

#### CAW will focus on talks with Ford

The head of the Canadian Auto Workers says the union will focus its negotiations with the Big Three automakers on reaching a deal with Ford. Ken Lewenza says Ford has shown the most willingness to reach a new contract and the union will work around the clock to achieve that. The CAW has threatened strike action if there is no deal by late Monday night.

THE CANADIAN PRESS

#### Foreign investment

#### Rallies denounce India's decision to open retail market

Angry Indian opposition parties protested Satur-day against the government's decision to open the country's huge retail market to foreign retailers. The government's surprise announcement that it will allow foreign investment in retail and aviation and the sale of minority stakes in four state-run companies has evoked sharp criticism. THE ASSOCIATED PRESS

# On its anniversary, Occupy Wall Street struggles to define itself

#### Sept. 17 celebrations. What started as protest against corporate greed became protest against

'every social ill'

Occupy Wall Street began to disintegrate in rapid fashion last winter, when the weekly meetings in New York City devolved into a spectacle of fistfights and vicious arguments.

Punches were thrown and objects were hurled at moderators' heads. Protesters accused each other of being patriarchal and racist and domineering. Nobody could agree on anything and nobody was in charge. The moderators went on strike and refused to show up, followed in quick succession by the people who kept the meeting minutes. And then the meetings stopped

In the city where the movement was born, Occupy was falling apart. "We weren't talking about real things at that point," says Pete Dutro, a tattoo artist who used to manage Occupy's finances but became dis-

- The community that took shape in Zuccotti Park still exists, albeit in a far less cohesive form. Occupiers mostly keep in touch through a smattering of websites and social
- Meetings are generally only convened to organize around specific events, like the much-hyped May Day event that ultimately fizzled last spring.

illusioned by the infighting and walked away months ago. "We were talking about each other."

The trouble with Occupy Wall Street, a year after it bloomed in a granite park in lower Manhattan and spread across the globe, is that nobody really knows what it is any-

On Monday, protesters will converge near the New York Stock Exchange to celebrate Occupy's anniversary, marking the day they began camping



out in Zuccotti Park in lower Manhattan's financial district. Marches and rallies in more than 30 cities around the world will commemorate the day.

About 300 people observing the anniversary marched Satur-day, and at least a dozen were arrested, mostly on charges of disorderly conduct, police said.

But the movement is now a shadow of its mighty infancy,

when a group of young people harnessed the power of a dis-illusioned nation and took to the streets chanting about corporate greed and inequality.

Back then it was a rallying cry, a force to be reckoned with. But as the encampments were broken up and protesters lost a gathering place, Occupy in turn lost its ability to organize.

The movement had grown

too large too quickly. Without leaders or specific demands, what started as a protest against income inequality turned into an amorphous protest against everything wrong with the world.

"We were there to occupy Wall Street," Dutro says. "Not to talk about every social ill that we have."

THE ASSOCIATED PRESS

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### Twitter hands over records in Occupy Wall Street case

Twitter on Friday agreed to hand over about three months' worth of tweets to a judge overseeing the criminal trial of an Occupy Wall Street protester, a case that has become a closely watched fight over how much access law enforcement agencies should

have to material posted on social networks.

Twitter had been threatened with steep fines if it did not comply with Judge Mat-thew Sciarrino Jr.'s order to turn over the records in the case of Malcolm Harris.

Twitter's lawyer, Terryl

Brown, called the options it faced — waiving its right to appeal or being held in contempt of court — "unfair" and "unjust," though ultimately he handed over a thick white envelope full of Harris' information.

THE ASSOCIATED PRESS

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We look forward to seeing vou there.





#### **PERCEPTION VS. REALITY**



COMPASS

A three-pack of disjointed thoughts today (I drank the other nine during the Bomber game on Friday).

Hard as it is to believe, there are still some true blue believers

out there who are standing up for the Bombers this season.

They take to radio call-in shows, Twitter and newspaper comments sections to blame sports reporters for all the negativity this season, and to claim that those who are fed up with the team are not "true fans."

Guys, you might think you're being "true fans," but you're really enablers. And this team isn't going to seriously enter recovery until everyone acknowledges that there's a serious problem.

Last week's Urban Compass was about how power was shifting from the political to the administrative side at city hall. I intentionally left out the names of the mayor and the CAO, because any discussion of this topic gets bogged down in the fact that they're friends who both like to vacation in Arizona.

So what happens next? The local news cycle is dominated by the story that Mayor Sam Katz bought an Arizona-based shell

#### Troubling reality

#### Most of us feel a bit uneasy when politics and business interests get intertwined.

corporation from his friend, CAO Phil Sheegl.

After initially saying nothing was wrong with the deal, Katz acknowledged he shouldn't have bought the company, and then gave a mopey speech about how perception matters more than reality in politics.

The reality is that most of us don't own shell corporations in foreign countries, most of us don't do business deals with our employees, and most of us feel a bit uneasy when political and business interests get intertwined. The fact the mayor can't perceive this conflict himself is both troubling and entirely unsurprising.

There was another accident between a vehicle and a cyclist last week, and, predictably, the first thing many people did was wonder if the cyclist was wearing a helmet

As an occasional cyclist, I have to point out that this question is ridiculous.

Yes, people should wear helmets while riding their bikes. It's the smart thing to do. But the helmet doesn't magically repel vehicles, and is never a factor in why a vehicle-cyclist accident occurs.

As local cyclist Andrea Tétrault said on Twitter (@ WpgCycleChick) after news of this accident came out: "In a car/bike collision, whether or not the cyclist was wearing a helmet is as relevant as if the driver of the car was wearing pants."

Vehicles hit cyclists for one of three reasons: The cyclist can't be seen due to poor road design, the driver is acting foolish or the cyclist is acting foolish. And even wearing a hot pink helmet that shoots fireworks out the top isn't going to address any of those

Building better cycling infrastructure will help a bit, but having drivers and cyclists respect each other more on the road would make the biggest difference in improving safety

Oh, who am I kidding? The Bombers will win another Grey Cup before that ever happens.

#### Parking-lot birth

#### How to obtain a lifetime supply of **NASCAR** tickets

A New Hampshire woman and her baby are doing fine after the woman gave birth in the New Hampshire Motor Speedway parking lot.

Shawna Arnold began going into labour Friday and she and her boyfriend began driving to a hospital. But when she realized she was

about to give birth on the way, they made a pit stop at the racetrack parking lot in Loudon.

Arnold tells WMUR-TV that she and her boyfriend delivered the baby, named Katie, in their car. An EMT at the track then came to help, and the couple and baby were taken to a hospital.

Speedway general manager Jerry Gappens has awarded the baby two tickets to NASCAR races for the rest of her life. THE ASSOCIATED PRESS

### Now you're just pulling my finger



MATTHIAS SCHRADER/THE ASSOCIATED PRESS PHOTO

#### German championships

#### More than just twiddling thumbs

A Bayarian man pulls his opponent over the table during the German Finger Wrestling championships in Warngau, Germany, Sunday.

Competitors battled for the title in this traditional rural sport where the winner has to pull his op-ponent over the marked line on the table.

In the game — also known as Fingerhakeln - the competitors use nothing more than their fingers and a leather strap to defeat their opponent. THE ASSOCIATED PRESS



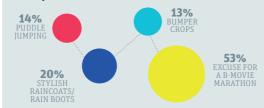
A judge adjusts the leather ring held by two competitors with their middle fingers at the German Finger Wrestling championships in Warngau,

- More than 150 men in Warngau took part.
- Legend has it that finger wrestling started as a way to settle arguments, Time magazine says.
- Bloody knuckles, stretched ligaments and tendons are all part of the competition, according to the magazine.
- The tug-of-war is now a regulated sport, with rules governing the size of the table and width of the leather band.

### Panel

Register at metropolitanpanel.ca and take the quick poll

#### What's the best thing about a good fall downpour?



#### @jimmyfairplay:

"Whose side are you on?" Son: "Sorry, Daddy, but I'm a little more scared of Mama than I am

#### @TimWadephul:

of you.

@shiftlessLL We wait forever for the NHL to come back to Winnipeg and this is what happens? This sucks.

#### @whitehaart:

Saw a man so drunk at 3pm to-

the crosswalk button.

#### @kpinkos:

It's somewhat poetic that to see #NHL hockey Winnipeg would now need an #AHL team. Bring back the #moose!

#### @Candangler10:

Officially another lockout. The NHL has got to be the stupidest pro sports league of all time. Absolutely zero consideration for the fans.

metr⊕

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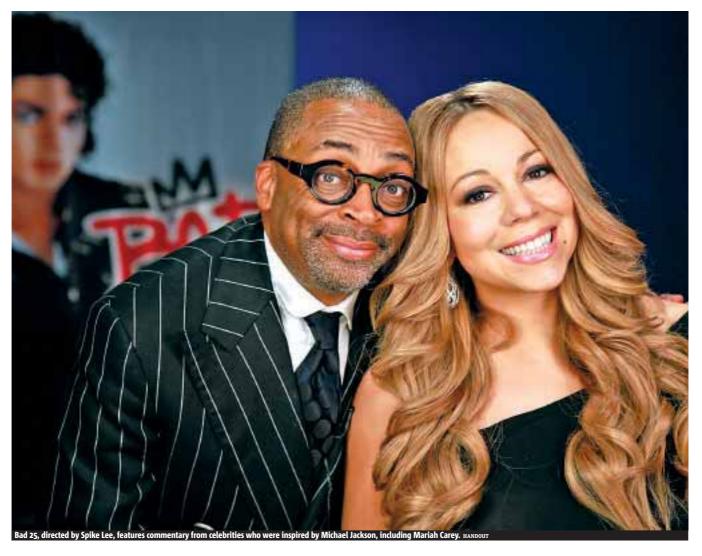


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12 SCENE metronews.ca Monday, September 17, 2012

SGENE



# Spike Lee doc transcends the man in the mirror

**Bad 25.** Documentary puts spotlight on the undeniable talent and human side of Michael Jackson — behind the fame and chaos

#### LIZ Brown

ene@metronews.ca

What do you do when you're the man behind the bestselling album in music history?

You vow that your next one will be even better, naturally.

Such is the pursuit of perfection that propelled — and plagued — Michael Jackson as he spent two years writing and composing Bad, his followup to 1982's Thriller.

In Spike Lee's documentary, Bad 25, we learn that in the Bad years, Jackson scrawled '100 million' on his bathroom mirror, so every morning as he brushed his teeth, he'd be reminded of his goal — sell 100 million records.

The album, released in 1987, ended up being a commercial and critical success, with around 40 million copies sold. But it never came close to the sales of Thriller, which rang in somewhere near the 100 million mark.

The failure to reach his 100 million goal wasn't for lack of effort on Jackson's part, though

Bad 25 reveals the late-night dance sessions, the meticulous recordings and the almost pathological work ethic of a man who seemed to be chasing a near-impossible dream.

"Michael got his work ethic from his father," says Lee on Saturday at Toronto's Trump Hotel, dressed in a T-shirt sporting Michael Jackson's iconic Bad pose, just hours before the North American premiere of his documentary

"(Joe Jackson) had him singing and dancing from five, six years old. I'm not going to make a villain out of Joe Jackson. Many people do, but he got their assesout of Gary Indiana and his children didn't have to work at the steel mill that he slaved at. Something worked. He's not all bad."

But as anyone knows, getting out of Gary and becoming the world's biggest pop star didn't come without its struggles. As Jackson was promoting Bad and selling out venues around the world in a 16-month tour that set three world records, darkness was moving in on his star power.

The media became increasingly cruel as Jackson's behaviour became increasingly bizarre — there were tales of

#### So bad it's good

The reissue of the Bad album, Bad 25, comes out on Tuesday.

- Album. Includes unreleased demos and a DVD of his performance at Wembley Stadium, attended by Prince Charles and Princess Diana.
- Documentary. Spike Lee's documentary Bad 25 will air on ABC on November

him sleeping in a hyperbaric

chamber, his pet chimpanzee Bubbles, and rumours that he had tried to buy the Elephant Man's bones.

In the documentary, Jackson's choreographer and confidant Vince Patterson shares some advice he gave the superstar: Don't ever let a bully know they're hurting you.

It's a poignant moment when we are reminded that despite his fame and fortune, Jackson was human—a remarkably talented human—and that somewhere in the mess of scandals and rumours, the wonder of that talent got lost.

Bad 25 reminds us just how wondrous that talent was. Witness the lean in Smooth Criminal (don't hold your breath — this doc doesn't reveal the secret behind it), or the head-turning intro to The Way You Make Me Feel.

For Lee, Bad 25 is an ode to Jackson the performer; a tribute to an artist and friend he respected. "I try not to focus on the fact that he's not here, because the way I take it, Michael's not here in his physical form, but he's here in his spiritual form and his music is here," says Lee.



DISH

#### Kristen 'poured her heart out'

Have Kristen Stewart and Robert Pattinson moved back in together?

"They pretty much decided they couldn't live without each other," a source tells Perez Hilton.

"Kristen poured her heart out to Robert and told him it was a one-off and a mistake. Rob sees it as Kristen made a really stupid mistake."

This conversation apparently took place on Reese Witherspoon's ranch — while Ryan Phillippe took notes hiding in a laundry basket. (Kidding Ry.)





#### Agron not very Glee-ful?

Where was Diana Agron, a.k.a. Quinn, on the Glee season premiere? Word is the cheerleader will be leaving the series earlier than expected.

"Dianna was unhappy and had been trying to get off the show for a while," an insider tells Us.

"She and producers came to an agreement where they let her go. That's what she wanted." A rep for the show and the network said the report was false

### **METRO DISH**



#### Nicki Minaj and Keith **Urban** join Idol



The new judges panel for the 12th season of American Idol was announced Sunday via a press release from Fox. Joining con-firmed judges Mariah Carey and Randy Jackson will be the new additions of Nicki Minaj and Keith Urban.

"With the exciting addition of Mariah Carey Keith Urban and Nicki Minaj, alongside Randy Jackson, American Idol's star power

has never been so great," said Idol executive producer Simon Fuller in a boilerplate quote. Judging by other statements in the release "We've put together one of the most exciting judging panels around," said Mike Darnell, president of alternative entertainment for Fox you can tell the network honchos are feeling the heat from the other all-star panels at rival singing competitions such as The Voice and X-Factor, where Britney Spears is currently killing it as a

judge.
What do you think of these new additions? As always, feel free to write in to let me know your opinion. As for this gossip columnist, I just hope Nicki Minaj's multiple personalities can make up for Urban's lack



#### Royal lawyers: Block those nips!

Will the Italian media group Mondadori lose their shirts for publishing photos of Kate Middleton without hers on?

It certainly looks that way, with the Royal Family seeking damages from Mondadori, which is owned by former Italian premier Silvio Berlusconi.

Lawyers for the Royals are also going to court in France to try to stop further publication in that country of the now-infamous top-

less photos of Kate. Meanwhile, YouPorn. com — a site that usually doesn't need publicity — has generated some by offering an "open checkbook" to procure the snaps.

It might just be me, but it's hard to find any sym-pathy for Middleton. When you know you are going to become the next Queen of England, it's time to put your topless sunbathing days behind you. Seems like a fair swap, right?

### Lively-Reynolds wedding was super top-secret

Green Lantern co-stars Blake Lively and Ryan Reynolds married in secret last week, and People Magazine says you weren't the only one out of the loop. "Not even the people who baked the cake or the plantation owners had any idea," that the wedding was happening, says their senior writer.









14 FAMILY metronews.ca Monday, September 17, 2012

# Mobile manners: Teach them etiquette, and take notes yourself



Parenting. Back to school shopping often involves getting the latest cellphone. Too bad the instruction manuals don't include lessons on behaviour



IT'S ALL RELATIVE Kathy Buckworth, kathybuckworth.com

The new school year is well underway, and with it, a new learning challenge for parents: How to teach kids to use their cellphones.

Not just from a safety perspective (not texting or talking on a handheld device when driving, not walking across busy roads and texting, not giving away passwords, etc.), but from a "mobile manners" point of view as well.

It's important as role models that parents practice what they preach and adhere to the following rules themselves.

• Not texting or answering calls when in the middle of a conversation, unless you have advised the person you're speaking with you might have to do so at some point.

• No texting during mealtime. (First one to pick up their phone does the dishes!)

• Enforcing that you support the "no cellphone" rule in the classroom by not calling or texting your kids during the school day unless urgent.

• Not talking on a cellphone in quiet public places.

It's also important to research the coverage plan you want to purchase. Examine the type of

Examine the type of usage you expect your child to have (just texting and calling, no Internet access for younger kids) and speak to an independent dealer who can show you different carrier packages.

Unlimited plans are available, and a pre-paid option will easily keep the budget in line.

Depending on the age of the child and his earning ability, have him pay for the monthly usage to get an understanding of the expense.

And remember, even the "smartest" of phones can be simplified down to just texting and talking, depending on the plan you choose, so repurposing an old smartphone of your own is

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.
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#### Cells by the numbers

According to a new study by President's Choice Services Inc., 48 per cent of Canadian parents with children aged 11 and older now let their kids carry a cellphone. The majority of Canadians (52 per cent) felt somewhere between the ages of 13 to 16 was an appropriate age to give a child a mobile device, compared to the 31 per cent of Canadians who felt that teens age 17 or older could better handle the responsibility of a cellphone. Approximately 10 per cent cited 9 to 12 as the right age bracket; while only one per cent felt children aged 6 to 8 should have their own mobile device.

#### **Exclusively online**



metronews.ca/voices

 In style. Why did Mommy's fashion sense go out the window with her abs? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

### Head lice don't have to create a hairy situation

LINDA LABAN

Metro World News in Boston

Head lice isn't an aspect of parenting that anyone wants a part of, but it's so common that most end up dealing with it at some point.

"Lice are so prevalent, I've had to deal with it as a parent, too," says Boston-based pediatrician Dr. Nancy Kahn, a clinical instructor of pediatric medicine at Harvard Medical School.

"One study found that one in four elementary school kids gets them. They're so contagious, but they have to be transported by another vehicle. You get them from sharing scrunchies, a comb, brush or hat with someone who has them."

The big problem isn't killing the adult lice; it's detecting the eggs, called nits, and removing them to prevent further infection.

Nits stick like glue to the hair shaft. "The eggs

#### Hair to help

Here are some resources to rid your child's hair of lice.

- Ladibugs. This chemical-free line includes shampoo, conditioner, leave-in mint spray, serum and mousse. The company also offers a 24-hour hotline if you find yourself in need of help. ladibugshair care.com
- Fairy Tales Hair Cares. Its Rosemary Repel line of hair care utilizes organic ingredients such as rosemary, tea tree, citronella, peppermint and lavender oils to combat the pesky bugs. You can also

download its free iPhone app, The Facts of Lice, to learn about outbreaks in your area or report one of your own. fairytaleshaircare.com

- LiceGuard. In addition to pesticide-free shampoo, Lice-Guard also makes the Robi Comb, an electronic comb that kills lice on contact. liceguard.com
- Lice picking. If you go online, you'll find a number of companies where people will remove the lice from your children's hair.

are grayish-white," Kahn says. "If you see a white spot on the hair that can be flicked off, it isn't nits, it's dandruff or [lint]. If it's stuck on the hair, it's nits."

Treatment varies from over-the-counter shampoos

and topical solutions, but "these contain pesticides, so there is the worry that you're putting pesticides on your child's head for several hours," Kahn says.

For a home remedy, try olive oil: "This basically suffocates them," she says.





etronews.ca/voices to ind out what's inside.

# Slow cook mouthwatering flavours of delectable paella



**ROSE REISMAN** 

I love paella but I find it takes too long to cook, especially if I've just walked in the door and want something on the table in a hurry. The slow cooker is the perfect solution. All you have to do is add the seafood 30 minutes before you're ready to eat.

- 1. Cube chicken and dust with flour. Lightly coat a large, nonstick skillet with cooking spray and set over medium-high heat. Add the oil. Brown the chicken on all sides, for about 3 minutes or iust until cooked. Remove from the pan and set aside.
- 2. Again lightly coat the pan with cooking spray. Add the sausage and cook over medium-high heat for 5 minutes or until cooked through. Remove from the pan with a slotted spoon, draining as much of the fat as possible.
- **3.** Wipe out pan and respray. Cook onion and garlic over medium-high heat 4 minutes or until softened. Stir in peppers and cook 3 minutes. Stir in the rice and cook for 1 minute. Add the chicken, sausage, chicken stock, tomatoes, basil, oregano, bay leaf, saffron (if using), salt and pepper. Bring to a boil.
- 4. Place everything in slow cooker and cook on high setting 3 hours or on low setting

#### Ingredients

- 12 oz skinless boneless chicken breasts
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 6 oz mild Italian sausage, cut into 1/2-inch pieces
- 1 cup chopped onion
- 2 tsp finely chopped garlic
- 1 cup chopped red and green bell pepper
- 1 cup brown rice
- 3 cups chicken stock
- 3 cups chopped plum tomatoes
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- 1/2 tsp crumbled saffron threads (optional)
- pinch of salt and pepper
- 8 oz raw shrimp, peeled and deveined • 12 mussels, scrubbed and
- 1/4 cup chopped parsley



for 5 hours. Add shrimp and mussels during last 30 minutes if slow cooker is on the high setting, or during last 60 minutes if on low. Serve garnished with parsley. ROSE REIS-MAN'S FAMILY FAVOURITES (WHITECAP

#### Healthy eating

#### **Choose it** and lose it



ROSE REISMAN

When you find a chip that sounds healthy, check the method with which it's made because that's where a lot of the calories and fat

#### Terra Chips (50 g) and spinach dip (2 tbsp)

420 calories/ 34 q fat

Root vegetables made into chips sounds healthier than regula potato chips. But deep frying still multiplies calories and fat



#### Equivalent

Fifty grams of Terra Chips with two tablespoons of spinach dip is equal in fat to an entire McCain's thin crust whole-wheat pizza with marinated tomato and chicken.

#### Pop Chips (50 g) and salsa (2 tbsp)

218 calories/ 7 g fat

These chips are much lower in calories and fat. They are popped rather than fried or baked







### SCAN, SHARE AND WIN!

Metro and Qriket are giving away \$10,000 in instant cash prizing for the month of September.

Metro has partnered with Qriket to add more fun and sharing to your daily news fix.

Oriket is a free iPhone app that rewards you for scanning QR codes, so now you can stay informed with Metro and win prizes when you choose to scan with the Oriket app.

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And this month, scanning the Oriket branded codes in Metro activates \$10,000 in bonus instant cash prizes just for Metro readers!

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#### The In-Credibility Factor



Name: Ray Cao City: Toronto Age: 25 Occupation: Loose Button Luxe Box



Founder

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Started an online apparel company but found the market was saturated. Switched to Luxe Box where consumers can sample new beauty products. Thirteen months later, Cao now employs 15 people and his membership base is on track to reach 100,000 people.

I knew I was on my way when... We got one order, then four, then 15. Soon my cellphone was ringing with non-stop orders. Since then we've grown extremely fast. It all started with a simple idea we wanted to test and it grew from there.

Just a few weeks ago

we launched into the U.S. We are looking to build a platform where all types of products can be sampled and ordered on a subscription basis. We have some crazy growth plans in play. This is just the beginning.

#### **Action Plan**

- You've got to surround yourself with the right people. Ideas change but as long as you have a strong core team they will help you get through the difficult times.
- Fail fast, fail cheap and fail often. You won't get it the first time. Most overnight successes are built over 10 years and people have to realize they don't happen right away
- A lot of first-time entrepreneurs set themselves up for failure and then they give up. Sometimes the extra push makes all the difference. A couple of days could make an incredible difference so never give up.

# Tailoring the way we learn to love our land

#### Guru of areen.

Author suggests mixing the emotional with the ecological when teaching environmental education

#### BRUCE WALSH

ro World News in Philadelphia

Best-selling author and selfhelp guru Daniel Goleman is known worldwide for stressing the importance of emotional intelligence in developing one's full potential.

While the term had been around for decades, Goleman's 1995 book, Emotional Intelligence: Why It Can Matter More Than IQ, popularized the concept. Broadly speaking, emotional intelligence is seen by many as an ability to gauge one's own emotions as well as the emo-

#### Five step

The Center for Ecoliteracy has outlined five vital practices for teaching environmental studies to Kindergartens to Grade 12 students.

- Developing empathy for all forms of life
- Embracing sustainability as a community practice
- Making the invisible visible
- Anticipating unintended consequences
- Understanding how nature sustains life



#### In a class that cares

We've pushed nature's systems to the brink in a lot of ways right now, so if you bring emotional intelligence to teaching about ecological issues, you can be a lot more effective.

Ecoliterate co-author Lisa Bennett

tions of others, and to build relationships around this understanding.

Now Goleman is incorporating his environmental passions into his educational philosophy. His latest, Ecoliterate: How Educators Are Incorporating Emotional, Social and Ecological Intelligence, was written in partnership with the Berkeley-based Center for Ecoliteracy.

"In teaching people about ecological issues — whether it's K to 12 or in the university — there's something that happens on an emotional level, and that's fear and anxiety," says co-author Lisa Bennett. "We've pushed nature's systems to the brink in a lot of ways right now, so if you bring emotional intelligence to teaching about ecological issues, you can be a lot more effective" "Ecoliterate" investigates

"Ecoliterate" investigates eight cutting-edge environmental education programs, from Kentucky to Alaska, looking for effective blueprints for this new curriculum. While the book is primarily directed at Kindergarten to Grade 12 teachers, the authors suggest that these programs could be easily adapted for the college level.

"In Dan Goleman's seminal books, he showed how critical emotional and social intelligence is to allowing people to be effective," says Bennett. "We discovered in 'Ecoliterate' that, actually, each form of intelligence is an extension of the other, and eco-intelligence is related to both: It boosts academic achievement, because it's tied to emotional learning, and it develops strength, hope and resilience in students."



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# The kids are all right: our country's youth defying odds

#### **Education nation.**

Canada's young people largely working or learning, international **OECD** report says

Economic turmoil may have been pushing young people out of the workforce and sidelining them from their educational goals, but a report from the Organization for Economic Co-Operation and Development suggests Canada's youth are faring better than most.

The organization's Education at a Glance report found that 14 per cent of Canadians between 15 and 29 years of age were neither employed nor in education training, a measure commonly referred to as NEET.

Canada's numbers were below the international average of 16 per cent, a figure the organization said had been impacted by global economic turbulence.

The report was based on figures available from 2008 to 2010 — and the OECD said those trends are likely still rising due to more recent economic turmoil.

Canada's NEET youth were almost equally divided along gender lines, with boys only slightly more likely to find themselves outside either the education system or the labour

The NEET measurement from the OECD echoes findings from Statistics Canada released last May.

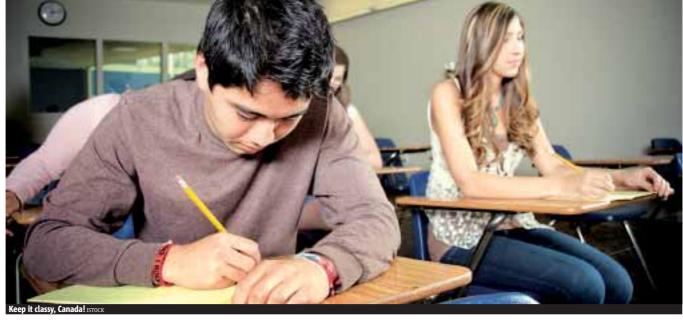
The country's national data collection agency found only 13 per cent of the 6.8 Canadian youth qualified as NEET, continuing a trend that has stayed more or less static for the past two decades.

The OECD had previously stated Canada had the secondlowest NEET rating among G7 countries. Tuesday's report examined a variety of educa-

#### irls on the grind

Teenage girls in OECD countries were found to be more ambitious than boys when it came to their future careers.

- They were significantly more likely to expect jobs in high-status, professional careers
- But relatively few envisioned themselves in engineering or computing, both fields that remain dominated by men.



#### Funding our future

"Investing from an early age is crucial to lay the foundations of later success. High quality education and skills have to be among the number one priorities for governments, for economies and for societies.'

Angel Gurria, OECD Secretary-General

tional metrics for 42 countries worldwide.

Canada's NEET rate was situated in the lower half report's spectrum, but was higher than the figures for Netherlands and Luxembourg, who boasted NEET rates of seven per cent.

Turkey had the highest NEET rate at 37 per cent, a number that reflected the fact that more than half the country's women were excluded from both education and work.

The OECD report repeatedly stressed the need for governments to step up investment in education if they hope to limit inequality and improve employment prospects for their citizens.

"Countries need an increasingly educated and skilled workforce to succeed in today's knowledge economy," OECD Secretary-General Angel Gurria said in a statement.

"Investing from an early age is crucial to lay the foundations of later success. High quality education and skills

have to be among the number one priorities for governments, for economies and for societies. Supporting the poorest and ensuring equal access is another important pillar in an

inclusive education policy."

The OECD report flagged the average NEET rate as a particularly telling measure of a

country's future prospects. The typical 15-year-old looking ahead 15 more years could expect seven years of education, 5.5 years of work, one year unemployed and 1.3 years out of the workforce entirely.

Although some in that last category were raising families, the OECD said, the high unemployment figures among young adults, especially in countries with low birthrates such as Spain and Italy, indicate a grave problem.

According to the report, the prospect of unemployment among the young is less dismal for those with more education. It found that higher education reduced joblessness by eight percentage points among 20 to 24-year-olds and 6.7 percentage points among 25 to 29-year-

The report found one major reversal: Young women, for the first time, are more likely than young men to finish high school, are outpacing men in entering university-level education, and are catching up even in vocational schools.

The gap was most pronounced in Iceland and Portugal, where women's high graduation rates were higher than men's by 20 percentage points or more.

THE CANADIAN PRESS

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# Penguins star Evgeni Malkin looks on during a IIHF World Championship game between Russia and Sweden in May in Stockholm. Malkin has signed up with KHL team Magnitogorsk. MARTIN ROSE/BONGARTS/GETTY IMAGES FILE



Jaromir Jagr of the Philadelphia Flyers skates against the New York Islanders in March in Uniondale, N.Y. Jagr has agreed to return to the Czech Republic to play for the team Kladno. Reput RENNETT/CETTY IMAGES FILE

# Some locked-out NHL players Europe-bound

NHL. Reigning MVP Evgeni Malkin among list of those going abroad

With the doors locked shut at NHL arenas, the best hockey players on the planet are turning their focus to a new world of opportunities.

Every player on a NHL roster as of Sunday morning became free to seek other work for the duration of the lockout, and many started doing so immediately. Reigning NHL MVP Evgeni Malkin (Magnitogorsk) and Pavel Datsyuk (Ak Bars) were among those who signed deals to play in the Russianbased KHL while Jaromir Jagr (Kladno) is going to the Czech Republic and Jussi Jokinen

against South Africa's Izak ván de

Nerwe Sunday in Montreal.

#### Quoted

"The scary part is I think you'll see some of the best players in the game (going over). Let's hope they come back when they're going to get paid the dollars they're going to get paid in some of these leagues to go play

**now.**" Calgary Flames forward Mike Cammalleri

(Karpat) inked a deal in Fin-

Teams from Switzerland, Sweden and Germany will come calling as well. Depending on the length of the lockout, it could result in a massive displacement of players throughout the hockev world.

The NHL locked out its players at midnight on Saturday and released a message to fans on its website the following day, saying "this is a time of year for all attention to be focused on the ice, not on a meeting room." Meanwhile, the NHLPA sent out a video montage with players talking about what they'll miss about not playing and ended with the statement: "This is an NHL owners lockout."

Nearly 400 NHL players suited up in 19 different European leagues during the lockout that cancelled the entire 2004-05 season. It was a migration that came with a

fair bit of controversy as the NHLers pushed others out of jobs.

The debate has restarted again, but it's unlikely to deter many of the 750 locked-out NHLPA members.

"I'm a hockey player and it's a competitive business," said Pittsburgh Penguins captain Sidney Crosby. "Would I look forward to that opportunity of taking someone's job? No. But at the end of the day I'm a hockey player."

day I'm a hockey player."

Now in its fifth season, the KHL believes it is in a position to capitalize on the availability of so many elite players. THE CANADIAN PRESS



For the latest news on the NHL lockout, visit metronews.ca/tag/nhl

### Raonic leads Canada to Davis Cup win



**Mobile sports** 

The NFL removed a replacement official from the New Orleans-Carolina game on Sunday because it discovered he's a Saints fan. Brian Stropolo is from New Orleans and posted several photos of himself in Saints gear on his Facebook page. Scan the code for the story.

Milos Raonic wanted a dominating win Sunday after what he felt was a lax effort two days

He did exactly that and in dominant fashion, beating Izak van der Merwe 6-2, 6-2, 6-4 to clinch the Davis Cup best-offive series over South Africa.

The victory secures Canada's spot in the elite World Group, while South Africa is relegated to zone play.

Raonic was happy he won his opening singles match but wasn't pleased with his performance. With the World Group spot in sight, the 21-yearold from Thornhill, Ont., took to the court hungry to finish

#### Two-in-a-row

It marked a second straight year that Canada won its Davis Cup tie to advance to the World Group.

on top.

"I came out with more of an accomplished goal, other than winning. I came out, did a lot of things well, played on my terms and did what I wanted to do," he said. "The other day I waited for him to lose to me. Today, I played."

South Africa entered the tie matches down two of its top

players. Kevin Anderson didn't travel to Montreal and Rik de Voest was forced to withdraw with a wrist injury

with a wrist injury.

"We came here wanting to win but unfortunately things didn't work out the way we planned. Obviously Rik getting injured didn't help our cause," South Africa captain John Laffnie de Jager said. "Two of our top guys didn't play. The team that was here did their best."

Raonic got off to a quick start Sunday against van der Merwe, breaking him in the opening game. His renowned serve was once again his strength, as he held serve in each game of the first set. THE CANADIAN PRESS

#### Baseball

# Goldeyes gave province title it desired

It all went down in south-central Kansas, but it is a moment that will resonate for years right here in Manitoba.

Friday night, the Winnipeg Goldeyes completed the best-of-five series sweep of the Wichita Wingnuts in the 2012 American Association Championship Series. The 8-3 victory capped a perfect 6-0 post-season for the Fish, crowning them champions for the first time since the franchise's inaugural season back in 1994.

It's a moment that was a long time coming for title-starved sports fans in the province.

Winnipeg's post-season co-MVP Amos Ramon — as named by manager Rick Forney along with closer Brian Beuning following Friday's champagne-soaked celebration — has settled his family in Winnipeg after making his professional debut with the Goldeyes back in 2006.

Ramon made it very clear how aware he has become of the city's longing for a championship, and what it means to the fans.

"I especially know how much this city needs this and how much it helps the (other professional) sports, all of them, the Jets and Bombers too, for us to bring one home finally."

The resonance of the fans' championship desire flooded over the walls at Shaw Park and onto the field this September.

"The guys knew. The guys could feel it," added an emotional Ramon of his teammates. "They felt it in the playoffs how loud the stadium was. I've never heard Shaw Park like that. Last time I ever heard something that loud was when the Bruins played the Jets when I was (at MTS Centre in December)."

"It's great for the city. It's awesome. They deserve it just as much as we do. I can't believe we did it."

The Goldeyes finished the regular season 55-45, capturing the American Association's lone wild-card playoff spot. Before their finals berth, they defeated the league-best 65-win Fargo-Moorhead RedHawks in three straight.

DARRIN BAUMING/FOR METRO

BY MICHAEL WIESENBERG

#### ↑ Aries

#### March 21 - April 20

There may be times when you find it hard to smile but you can find a reason if you look hard enough. What is it that makes your life worth living? What is it that inspires you the most? So do it.

#### **Taurus** April 21 - May 21

Some people may be a bit of a pain but if you stay calm and do what is expected of you then by the end of the week your name will be up in lights. Help others now and they will help you

#### II Gemini May 22 - June 21

Stay on good terms with colleagues over the next few days, because if you fall out now you may regret it later. By the time the Sun moves in your favour again on the 22nd you'll all be friends again.

#### **9** Cancer

#### June 22 - July 23

No matter how difficult it might be to find a solution to a complex personal problem, if you give it some thought today you will come up with something that does the trick. You're pretty good at problem solving.

#### $\Omega$ Leo

#### July 24 - Aug. 23

Today's Mercury-Neptune link will force you to recognize certain truths that have always been there but which you have contrived to ignore. Start by realizing that a so-called friend is nothing of the sort.

#### **W** Virgo Aug. 24 - Sept. 23

Don't waste time thinking about what might have been. What's done is done and cannot be undone and the sooner you accept that, the sooner you can move on. There is still so much you can accomplish.

#### △ Libra

#### Sept. 24 - Oct. 23

Your past efforts will be fully rewarded, though maybe not immediately. The Sun's move into your sign on the 22nd marks the start of a new solar year — that's when your luck is most likely to change.

#### **M** Scorpio

#### Oct. 24 - Nov. 22

You need to push your emotions to one side and do what has to be done. Certain people may not thank you for it now but they will realize later on that you were doing it entirely for their own good.

#### Sagittarius Nov. 23 - Dec. 21

Because you are such a can-do person you are always helping other people, but over the next few days your time will be limited, so only help those who truly deserve it. That's probably not very many

#### **17** Capricorn

#### Dec. 22 - Jan. 20

You will be called upon to make sacrifices over the next seven days, but don't think of it as a chore. Make an effort for other people now and they will make an even bigger effort for you later on.

#### ≫ Aquarius Jan. 21 - Feb. 19

You are both hard-working and socially responsible and that's a combination that is hard to beat. It's also a combination that will get you noticed over the next few days, and maybe promoted. You deserve it.

#### H Pisces Feb. 20 - March 20

If you find it hard to adopt a positive attitude towards negative people today then maybe you should remove yourself from their presence for a while. If they think they might lose you their attitude

will change.

#### ord: Some of This and Some of That

#### Across

- 1. PC maker
- 4. Attractive leg, slangily 7. Mu \_\_\_ pork: Chinese
- dish 10. Alone, as at a dance
- 12. Blocks for young builders
- 14. Ark units
- 15. Kitty's contented croon
- 16. Some Yukon natives
- 17. Longings
- 18. Symbol of regal power 20. National Park north of Banff National Park
- 22. "... golden days of \_\_\_": past time
- 23. Automatons
- bleu!": mild 24. ' French oath
- 26. Montréal singer-poet Leonard most known for "Suzanne"
- 27. Louisianian, a word that's from "Acadian"
- \_\_ Mrs. Smith: 2005 Angelina Jolie, Brad Pitt film (2 wds.)
- thing with 29. "I can't my hair!" (2 wds.)
- 32. Take \_ : sleep briefly (2 wds.)
- 33. Years and years
- 34. Corn holders
- 35. Tyrannosaurus 36. Caramel-topped desserts
- 37. Seeps
- 38. BC-born pop singer Michael
- 39. Common trashcan site 40. Calgary team
- 42. Group of three
- 43. The longest river in BC,

- it has its mouth at Vancouver
- 44. Knight suits
- 48. Quintessential Can-
- adian cap
- 52. "Beware the March": Julius Caesar
- 54. Censor's target
- 55. Craggy hilltop

- 1. AOL or MSN
- 2. A/C capacity measures
- 4. Mystery or romance
- 6. Me: Fr.
- 8. Sharpens, as a knife
- 11. CFL championship
- 12. Gasoline unit
- 14. Victoria-born
- writer Ian of "Four Strong
- 19. Censor's target
- 23. Brownish horses
- tornado" product 26. Witch
- product

- 47. Fail at poker
- 50. Some TVs
- 53. As stubborn as wds.)
- 56. Earnings
- 57. Tissue box word

- 3. Antony who eulogized Caesar
- 5. Chills and fever fit
- 7. Cleaned out, as a
- chimney
- 9. Soviet Union
- game (2 wds.)
- 13. NL capital (2 wds.)
- Winds"
- 21. Laid up
- 24. Of sound mind
- 25. "Cleans like a white
- 27. Windsor, Ontario
  - 38. Bottoms 39. Fighting force: Fr. 40. The Lord of the Rings

28. Banquets

31. Donkey

29. Catch 40 winks

33. 20-Across's province

36. Be extremely furious

37. Dish with some of this

34. Palette contents

and some of that

- ringbearer
- 41. CD beam ": letter 42. "Yours
- closing
- 43. Dart here and there 44. Shade of blue
- 45. Canadian force
- 46. David's biblical predecessor
- 49. Ref 51. Pig pen



See today's answers at metronews.ca/ answers.



How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

#### Friday's Sudoku

| 1 | 8  | 2 | 3  | 6 | 5 | 4 | 7 | 9 |
|---|----|---|----|---|---|---|---|---|
| θ | 4  | 5 | 8  | 1 | 7 | 6 | 3 | 5 |
| 7 | 3  | 6 | 2  | 9 | 4 | 0 | 1 | 5 |
| z | 7  | 9 | 5  | 5 | 3 | 1 | 4 | a |
| ¢ | +  | 8 | 1  | 7 | 2 | 9 | 6 | 3 |
| 5 | .1 | 3 | 4  | 4 | 9 | 2 | 4 | 7 |
| 8 | 8  | 4 | 9  | 3 | 1 | 7 | 2 | 8 |
| 0 | 2  | 7 | 5  | 4 | 8 | 2 |   | 1 |
| 0 | 9  | 1 | 7. | 2 | 6 | 5 |   | 4 |

|   |   |   | 7 |   |   | 4 |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 3 |   |   |   |   |   | 5 |   |
|   |   | 2 |   |   | 1 |   | 3 |   |
|   | 1 | 9 | 6 | 5 |   |   | 7 |   |
| 5 |   |   |   |   |   |   |   | 4 |
|   | 7 |   |   | 1 | 2 | 5 | 9 |   |
|   | 4 |   | 9 |   |   | 8 |   |   |
|   | 6 |   |   |   |   |   | 2 | 9 |
|   |   | 3 |   |   | 8 |   |   |   |

MONDAY

MIN: 3°

TUESDAY

(🙈)

MIN: 8°



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# **Exciting Times**

## For Immaculate Heart of Mary School!

he 2012-13 school year is already a banner year for Immaculate Heart of Mary School! On September 7, 2012, the students, staff and parents of IHMS hosted His Beatitude Sviatoslav Shevchuk, the recently elected Major Archbishop of the Ukrainian Catholic Church (worldwide). Taking part in a synod with over forty International Ukrainian Catholic Bishops, His Beatitude took time from his busy schedule to tour Immaculate Heart and to have lunch with the staff and students.

During a program presented to His Beatitude the grade one to eight students sang four beautiful and heartfelt songs. There were also greetings from the students, Sr. Anne Pidskalny, SSMI (School Director) and Rod Picklyk (Principal). Other esteemed guests at the program were His Grace Metropolitan Lawrence, OSBM, Provincial Superior Sister Patricia Lacey, SSMI, and a host of other members of the clergy, Sisters and parent community. A delicious lunch was served to the students and guests in the school gymnasium by IHMS parents and grand parent volunteers.

"It was an honor to host His Beatitude Sviatoslav at Immaculate Heart (Manitoba's only Ukrainian Catholic school)" described Mr. Picklyk.

"What a very special way to begin a new school year than a visit from the leader of the Ukrainian Catholic Church!"

Another exciting development at IHMS comes in the arena of educational technology. The school was recently outfitted with brand new I-Mac computers, Mac laptops and Mac iPads, as well as, a state-of-the-art MacPro server. Linked to overhead projectors, this equipment promises to help IHMS students prepare for the technology-rich environments they face in their futures.

The students are also already busy preparing for the upcoming interscholastic volleyball season. Immaculate Heart will have four teams taking to the court to compete against other independent schools in the Manitoba Catholic Schools Athletic Association.

The students will also have the new opportunity to participate in a science club entitled Mad Science! The Mad Science after school program will offer children a chance to see just how cool science can be!

At the end of September the students and staff will finish off the first month of school in a peaceful and prayerful way by celebrating Divine Liturgy at the Sts. Vladimir and Olga Cathedral. The school choir is preparing hymns, the Altar Servers and



Children of Mary are being organized, and the classes are preparing their prayer intentions.

Immaculate Heart also has a new school building initiative that is well under way. The project is currently in the capital campaign phase. The new school facility will provide a state of the art learning environment for generations to come.

With a century of experience ... by blending tradition with current pedagogical practice ... and the solid values of educational excellence, faith, culture and community ... Immaculate Heart provides a vibrant and rich learning experience for the students. For more information about Immaculate Heart of Mary School please contact the school principal Rod Picklyk (rpicklyk@ihms.mb.ca) or go to: ihms.mb.ca



Immaculate Heart provides a vibrant and rich learning experience